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Ottawa metro

Your essential daily news | WEEKEND, DECEMBER 9-11, 2016 | High -5°C/Low -15°C Chilly, but sunny

NATALIE PORTMAN
O that's Jackie all right
metroLIFE

Wanda Robson speaks about her sister, Viola Desmond, during an interview in Gatineau on Thursday. Desmond will be the first Canadian woman on a Canadian banknote.
THE CANADIAN PRESS

HONOURING A TRAILBLAZER

'Viola Desmond's own story reminds all of us that big change can start with moment of dignity and bravery'

metroNEWS

Violence on Jasmine needs closer look

VIDEO SURVEILLANCE

Councillor wants changes after most recent stabbing

Ryan Tumilty
Metro | Ottawa

Worried about the violence plaguing Jasmine Crescent, Coun. Tim Tierney is pushing for the city to look at video surveillance for the area.

Tierney made the suggestions Thursday after meeting with the Jasmine Safety Committee, a group that was put together after several violent incidents earlier this year.

On Wednesday afternoon a young man was stabbed and rushed to hospital on the crescent.

Tierney said he wants to look at whether it would be helpful in addressing problems in the area and what other cities have experienced.

"I want to see what Toronto and Cornwall have done. That's why I am just asking for a report," he said.

The privacy issues are something he said he was aware of, but he believes there are reasonable ways to use CCTV and he wants the city to explore it.

"Other municipalities have already done this, so they have already addressed these issues, plus we have just dealt with it in our transit system," he said.

The safety committee has been operating since March, but there has still been violence on the street, which had three homicides in the year prior to August.

Tierney said they're working on a lot of measures, including more recreation opportunities, job fairs and better engagement with police.

"Police have been actively out in the community, they are out everywhere passing out Popsicles to kids and actually just going up to chat with people," he said. "We have a lot of great stuff happening, but we still have a stabbing."

He said in addition to the study of cameras he would like to see a recreation facility built in the area and early next year a new program will be launched with a number for residents to report crime. "Basically, every fridge on Jasmine is going to have a fridge magnet."

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metro NEWS

Your essential daily news

"Greenery" is the colour of the year for 2017. **Business**

5 FUN THINGS TO DO IN THE CITY THIS WEEKEND

It's going to be a snowy and warm weekend in Ottawa — the perfect time to enjoy holiday lights, pick up some thoughtful gifts or code an app.

HALEY RITCHIE METRO

1 Light show (all weekend)

If you missed the lighting ceremony at Parliament Hill don't despair — the music and light show continues until January. Go on your own time and follow the trail of multi-coloured fairy lights from the hill to Confederation Park to the Alexandra Bridge. Lights turn on at 4:30 p.m. to 2 a.m. until Jan. 7.

2 Holidays at The Parks (Sunday)

Wesley Clover Parks will be welcoming visitors on Sunday from 12-4 p.m. for a free day of holiday fun. This family event will include a vendors' row, horse-drawn carriage rides, kids crafts, and a visit with Santa Claus.

3 Yule Craft & Psychic Fair (Saturday)

Explore neo-pagan winter traditions this weekend as the community hosts a craft fair focused on "the artisan, spiritual, psychic and healing crafts." There will be live Celtic music and proceeds will go to animals in need. There will be psychics, fortune-tellers, artisans and healers selling lotions, potions, heirlooms, magical boxes, toys, herbs and more. Saturday at the Bronson Centre from 1-6 p.m.

4 Kids & Code (Saturday)

Non-profit Kids & Code will be offering space for kids ages of 7 to 17 to make apps, websites, games and play with hardware. This month the event is near Lansdowne Park (979 Bank Street, Suite 400) from 1-4 p.m. on Saturday. The event is free but all participants must bring their own laptop and all kids under the age of 12 must be accompanied by an adult for the entire duration of the event.

5 Human Rights Day (Friday and Saturday)

On Friday from 11:30 a.m. to 1:30 p.m. on the University of Ottawa campus (inside Jock Turcot University Centre) Amnesty International and the Embassy of the Netherlands will be sharing bubble tea and pledges to have people "step out of their bubble" in 2017. The International Development and Relief Foundation will be hosting a panel discussion at Impact Hub Ottawa (71 Bank Street) on Saturday at 6:30 p.m. with tickets costing $20.

Dominion City Brewing Company expands its operations

Brace yourselves. Ottawa 2017, Canada's sesquicentennial, is going to be huge. That includes an expansion for Ottawa's most patriotic brewery, Dominion City Brewing Company.

Balancing growth while retaining quality was crucial for the Dominion team. Over its two-plus years of existence, the brewery has had the enviable problem of not being able to brew enough beer for its thirsty customers. That will soon change, with a larger brewing system and more fermentation tanks being added to make more beer and experiment with new flavours. Their beer will also be more widely available, with plans to begin sales through the LCBO, Beer Store and grocery stores within the new year.

For the advanced beer aficionado, a dedicated funk and sour space will be built at the brewery, where Dominion will work on ambitious wood-aged styles of beer. This includes being the first 613 brewery to use a foeder. That's a large oak barrel used for fermentation, which is especially useful in making farmhouse-styled ales.

Dominion has also up-branded. "Supporters told us they loved the vibe they got when they came to the brewery, that they felt a connection with the sense of pride and old-timey Canadiana that's always been in Dominion City's DNA … We've updated the look a little bit with a recognition that Ottawa is this really dynamic and compelling modern city," says co-owner and head brewer Josh McJannett. The new colour scheme certainly has pop and will really help those who enjoy drinking craft beer in dim lighting.

Fans of the brewery have also been invited to join the Loyalist League, a community of enthusiasts that get access to pre-releases, exclusive beers and brewery secrets. One of those secrets is knowing that the brewery will be remodeling their Canotek Road bottleshop and tasting bar with more space, extra seating and food options.

Big things brewing for Dominion City in 2017.

ONLINE

For more local happenings, go to www.metronews.ca

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Bringing kids up to code

TECHNOLOGY

Non-profit teaching kids how digital worlds created

Adam Kveton
For Metro | Ottawa

Prime Minister Justin Trudeau joins kids at a Shopify event on Monday, which kicked off the international Hour of Code week in Ottawa. COURTESY SHOPIFY

Eat your vegetables, go to bed on time, listen to your parents. Oh, and learn to code.

These are the essentials to growing up strong in the 21st century.

A local not-for-profit called Kids and Code is helping to do that, along with the international, week-long Hour of Code event that started on Dec. 5 and ends Dec. 11.

"Instead of kids just consuming technology and being on an iPad every evening and playing games, why not give them the ability to actually build it themselves?" said Steve Lavigne, president of Kids and Code.

A program developer himself, Lavigne set out to teach kids how to code by starting a club two years ago which has recently grown into a much larger not-for-profit organization with monthly classes for kids aged seven to 17.

On Dec. 10, they will be holding their free monthly class as part of the Hour of Code week.

The goal of the event isn't to convince kids to become program developers, said Lavigne. It's a way to teach kids a bit about how the digital worlds they frequent are created, and serve as a place for interested kids to get together and learn even more.

"A lot of the things that we hear from parents are, 'I can find a million soccer fields in Ottawa, and in every neighbourhood there are multiple arenas and there are multiple gyms, but my kid is not into sports. My kid is kind of a nerd. How come there isn't anything for that type of kid?'" said Lavigne.

> **Instead of kids just consuming technology why not give them the ability to build it?**
> Steve Lavigne

With Hour of Code, kids become part of a worldwide social event.

"When the kids show up to an Hour of Code event and they know that there are actually millions of kids around the world that, at that very moment, are doing the exact same thing that they are doing, and we can connect with some of those kids through Skype or things like that around the world, it's very cool."

To register for the free class, go to kidsandcode.org/club-events.

RAIDS

Taxman pays visit to two stores

RCMP officers and Canada Revenue Agency investigators were spotted at two Ottawa convenience stores Thursday.

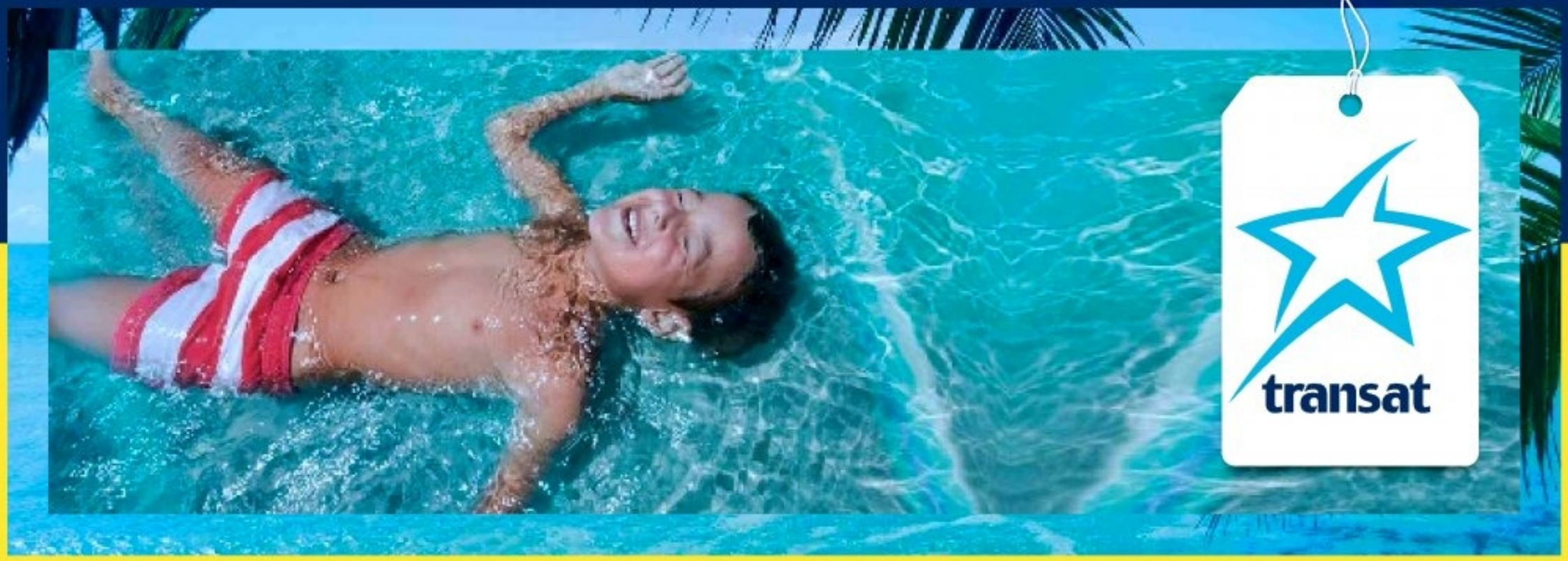
Various media reports say that the Glebe Smoke Shop was the subject of a raid Thursday morning, with the RCMP and CRA moving on to Zesty Market on the corner of Elgin and MacLaren Streets later in the day.

As of 2 p.m., Zesty Market showed no signs of a police presence but a sign on the door said it was temporarily closed due to system issues.

RCMP have confirmed that they are assisting the CRA, but gave no further comment.

The CRA also confirmed that it conducted searches in the Ottawa area, but gave no further information other than to indicate that the CRA "does not comment or provide details on ongoing investigations or taxpayer specific information."

ADAM KVETON/FOR METRO



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Province to raise age of protection

YOUTH SERVICES

Change part of an effort to help prevent homelessness

Ontario is overhauling its Child, Youth and Family Services Act to raise the age of protection from 16 to 18 to help young people further their education and prevent them from becoming homeless.

The Liberal government is looking at creating a single adoption agency for the entire province to help more of the approximately 5,800 Crown wards find stable and permanent homes.

Children and Youth Services Minister Michael Couteau says the changes will focus on early intervention to help prevent children and families from reaching crisis situations at home.

He says the government wants to provide more culturally appropriate services for kids in the child welfare system, including indigenous and black children.

Ontario's 38 children's aid societies and nine indigenous child well-being societies will be required to keep race-based data to support service planning and delivery.

In addition, the legislation gives the government the power to force children's aid societies to amalgamate or even shut down when it's in the public interest.

"We need to give young people a voice in decisions around their care and protection," Couteau said in a release.

Bruce Rivers of Covenant House in Toronto, which provides shelter to homeless young people, said raising the age of protection to 18 will make a "profound difference" by giving youth access to more services and supports.

THE CANADIAN PRESS

Ontario is increasing the age from 16 to 18. DREAMSTIME

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DRUGS

Paramedics voice fentanyl concerns

Ryan Tumilty
Metro | Ottawa

Ottawa paramedics say the increase in fentanyl cases in the province has them worried for their patients — and for themselves.

Ashleigh Hewer, vice-president of the Professional Paramedic Association of Ottawa, said recent news that both fentanyl and its much stronger cousin carfentanil are on the street is worrying.

She said right now to administer naloxone — a drug that can stop an overdose of those drugs and other opioids — they have to contact a doctor at a local hospital.

That provision can waste time and add to a paramedic's workload when they're dealing with a patient, she said.

That's expected to change next July, but Hewer said if the drug continues to show up in Ontario, things may have to change sooner.

"There is a problem there. We are already seeing it now in Ontario, so waiting to have that patch point removed in July could be a problem," she said.

Fentanyl pills.
THE CANADIAN PRESS/HANDOUT

Hewer said paramedics reviving opioid overdose patients also face potential violence.

"Sometimes with the reversal of the opioid effects comes violence and aggression," she said.

Ottawa paramedics have also been warned to wear masks when dealing with overdose cases because of the risk of inhaling the extremely powerful drug, which is often found in a powder form.

Hewer said just a small piece inhaled can give the paramedic themselves an overdose.

> **Sometimes with the reversal of the opioid effects comes violence and aggression.** Ashleigh Hewer

COMMUNITY

Councillors approve Proposal Pond name

Because she said yes in January 2015, city councillors said yes on Thursday.

Councillors signed off on a proposal to name a pond in Blossom Park Proposal Pond, commemorating Greg Lister's proposal to his then-girlfriend Andrea in 2015. Lister shovelled out the words to his proposal in the snow on the pond.

Coun. Diane Deans, who advanced the proposal after Lister inquired about putting up a commemorative sign, said a nice love story is OK to honour in a small way. The city received six letters in support and seven in opposition to the idea after it was first advertised. Deans said that was enough for her to let it go forward.

RYAN TUMILTY/METRO

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See your retailer for complete details. ††$85 a week is for advertising purposes only and is not an available offer. 0% lease financing for up to 39 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Crew Cab Sport 4x4 (26L) with a Purchase Price of $42,114 leased at 0% for 39 months with a $500 security deposit, $1,999 down payment and first month's payment due at lease inception equals 39 monthly payments of $369 with a cost of borrowing of $0 (including $60.25 PPSA registration) and a total obligation of $16,432.95. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. 2017 Ram 1500 Crew Cab Sport 4x4 (26L) models may require order and be subject to a delay. 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NOTICE TO ONTARIANS RECEIVING DRUGS AND PHARMACY SERVICES

This notice is to inform you that the Ministry of Health and Long-Term Care (Ministry) is making some improvements to the way your doctor and other health care providers will be able to share information with each other, in order to better deliver your care.

Is this notice for me?

This notice is for people who receive any of the following:

1. **Publicly funded drugs**
   (For example, seniors, Trillium Drug Program recipients);
2. **Monitored drugs,** including narcotics and controlled substances; or
3. **Pharmacy services**
   (For example, MedsCheck Program, Fecal Occult Blood Test/FOBT kits for colorectal cancer screening, Pharmacy Smoking Cessation Program, or vaccine administration).

The Ministry will provide access to information about the publicly funded drugs, monitored drugs or pharmacy services you receive to your health care providers (e.g. physicians, nurse practitioners and pharmacists who are directly involved with your care). This is so that they have more information about your medication and pharmacy service history to provide high quality health care to you. Health care providers are required by law to protect the privacy of your personal health information.

Can I block access to my information that would be used for health care purposes?

If you do not want any of your health care providers to see the information listed above, you can complete a form and submit it to the Ministry.

Before making this decision, you are encouraged to consult with your health care providers about the importance of them knowing your medication and pharmacy service history to help make informed decisions about the care you receive.

If you do not contact the Ministry to block access to your information, we will consider that you have given us permission to make your information available to your health care providers.

If the Ministry has previously notified you that access to your information has been blocked, the Ministry will not give your health care providers access to your information unless you request a change.

Even if you have blocked your health care providers from accessing information about your monitored drugs for the purpose of providing health care to you, information about your monitored drugs will still be accessible to a health care provider who has actually prescribed or dispensed a monitored drug to you, or is determining whether to prescribe or dispense a monitored drug to you. For more information, please see "Public Notice Regarding the Ministry of Health and Long-Term Care's ("ministry") Collection, Use and Disclosure of Information under the Narcotics Safety and Awareness Act, 2010".

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Ontario

Budget restricts festival funding

CITY COUNCIL

Local events asking for more funding

Ryan Tumilty
Metro | Ottawa

The Canadian Tulip Festival is part of the Ottawa Festival network, who are encouraging the city to better fund festivals during the celebration of events for Canada's 150th.
THE CANADIAN PRESS

City councillors passed the 2017 community and protective services budget Thursday, adding more paramedics, more housing funds and more money for parks, but councillors say they may need to find more cash.

The budget, which still has to go to council next week, funds a wide swath of the city's softer services.

Coun. Diane Deans said there simply wasn't money they could move around in this part of the city's budget.

"There are things we might want to address that we can't address here today," he said.

Deans said the issues they're facing will require money, but the city only has so much to move around.

"If we had some more money, we could solve some of these problems."

Several groups came to council asking for more funding for a variety of projects, including Sean Wilson, who is chair of the city's festival network.

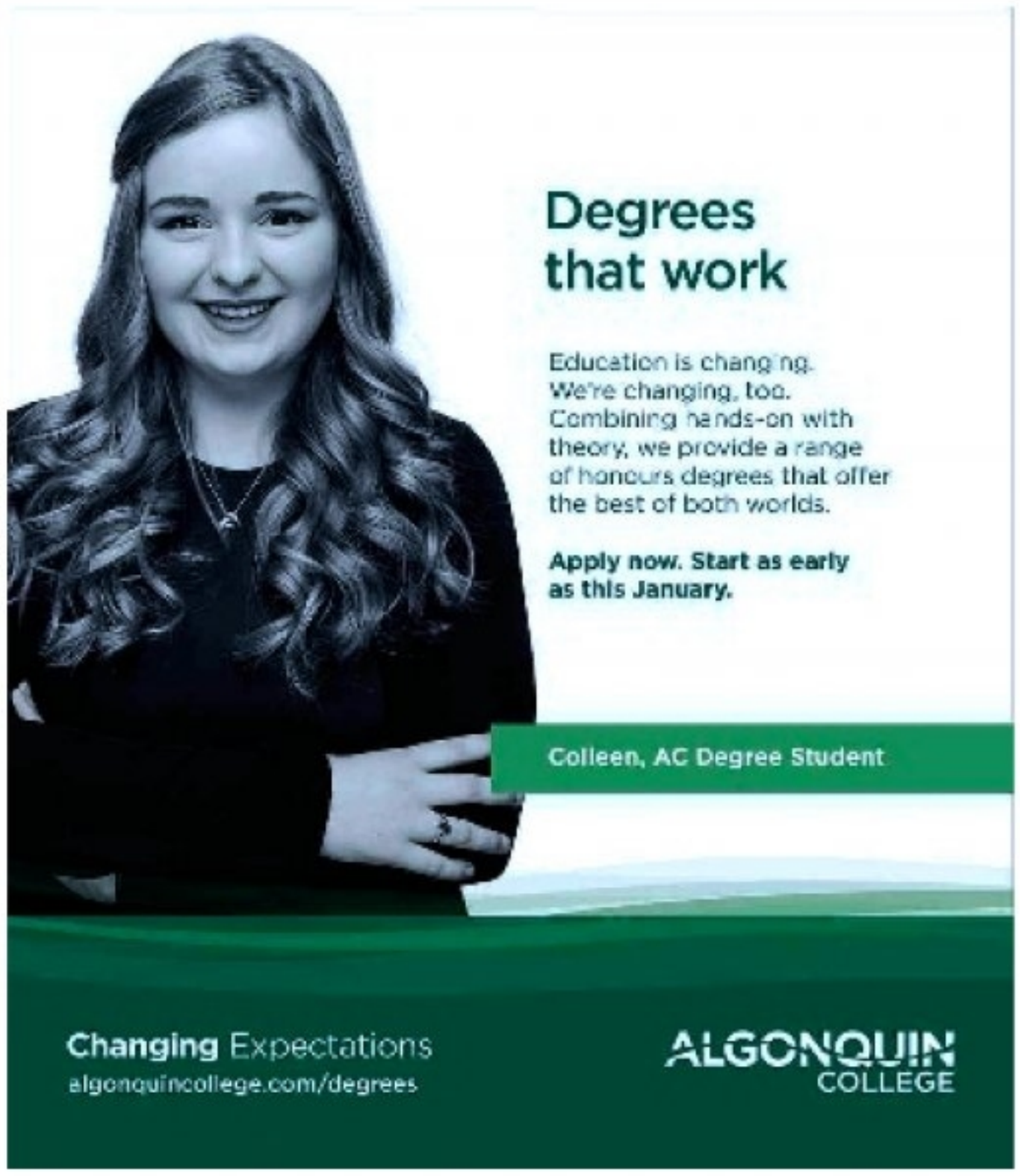
He said with Ottawa 2017 around the corner, local festivals are struggling to keep up because they're not seeing more funding from the city.

"It's $1.65 per capita that goes to our industry," he said.

Wilson said that's well below what other cities give their festivals and makes it difficult for them to compete, especially this year.

"Every city in the country is celebrating Canada's 150th."

Wilson said all of the city's festivals go to other levels of government, but because they receive less from the city it's hard to get big grants from the provincial or federal governments.



Minister of Finance Bill Morneau and Wanda Robson, sister of Viola Desmond. Desmond was named as the first woman to be on a Canadian banknote. ADRIAN WYLD/THE CANADIAN PRESS

Desmond to grace $10 bill

MONEY

Viola Desmond defied rules and sat in 'whites-only' section

It had been some time since Viola Desmond last visited the cinema.

The hairdresser and entrepreneur opted to sit close to the front of the theatre; her poor eyesight made it difficult to see from the balcony, the section where black people were expected to sit in those days.

"She wanted to see a movie," Wanda Robson, 89, said Thursday as she recalled the historic day in 1946 when her older sister chose to defy the rules and sit in the Nova Scotia theatre's "whites-only" section.

Given all that followed, Robson said, Desmond would have been honoured to see herself on the $10 bill — a tribute that will make its debut in 2018 when she becomes the first Canadian woman to be celebrated on the face of her country's currency.

"Viola Desmond's own story reminds all of us that big change can start with moment of dignity and bravery," Finance Minister Bill Morneau said as he unveiled the choice during a news conference in Gatineau, Que.

"She represents courage, strength and determination — qualities we should all aspire to every day."

Desmond is often described as the Canadian version of Rosa Parks, the U.S. civil rights hero who refused to give up her seat on the bus to a white passenger. But Desmond's act of defiance and subsequent arrest took place much earlier and in a much more spontaneous way than the historic 1955 events of Montgomery, Ala.

Desmond was arrested and fined. Her decision to fight the charges in court inspired later generations of black people in Nova Scotia and the rest of Canada. The Nova Scotia government granted her a posthumous pardon in 2010.

Despite long-standing comparisons to Parks, Desmond's story received little attention until recent years.

THE CANADIAN PRESS

CLIMATE CHANGE

Trump plans won't change after Biden visit: Dion

Canada will push the incoming Trump administration to be an ally in the fight against climate change and that's not undermined by hosting U.S. Vice-President Joe Biden, says Foreign Affairs Minister Stephane Dion.

"We were able to agree with a lot of initiatives with the current administration, the Obama one. We will work with the Trump administration," Dion told The Canadian Press in an interview from Hamburg, Germany, on Thursday.

Dion spoke as Biden was about to touch down in Ottawa, where he is to meet Prime Minister Justin Trudeau before addressing provincial premiers and aboriginal leaders at a Friday summit.

"We have a lot of clean energy to sell … to our American friends, and we'll make it very clear that it's the way to go," Dion said.

Canada and the U.S. have been strong climate change allies in the last year, with Trudeau earning praise from Barack Obama for his role in helping negotiate the Paris accord to lower greenhouse gases last year.

Trump has said he would cancel the Paris accord, calling human-made climate a hoax. Two days before his election victory last month, Trump tweeted that "global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive."

Trump has appointed Oklahoma attorney general Scott Pruitt — an opponent of Obama's climate change policies — to be the head of the Environmental Protection Agency.

Dion made it clear that Canada will try to make a business case for the environment to engage the billionaire, deal-making businessman who will soon occupy the White House.

"A point we will make is how much the environment and the economy are going together now," Dion said. "We have to think about jobs when we fight climate change."

THE CANADIAN PRESS

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Intel was wrong: Pizza shop gunman

WASHINGTON

Friends, family describe him as a well-meaning father of two

The man accused of firing an assault rifle inside a Washington restaurant said he regrets how he handled the situation but refused to completely dismiss the false online claims involving a child sex ring that brought him there.

"I just wanted to do some good and went about it the wrong way," Edgar Maddison Welch, who's been jailed since his Sunday arrest, told the New York Times in a Wednesday video conference.

Welch, 28, told the newspaper he started driving to Washington from his Salisbury, N.C., home intending only to give the Comet Ping Pong pizza restaurant a "closer look." But while on the way, he said he felt his "heart breaking over the thought of innocent people suffering."

Edgar Maddison Welch, 28, surrenders to police.
THE ASSOCIATED PRESS

Welch would not say why he brought an AR-15 into the pizza shop and fired it, the newspaper reported.

Asked what he thought when he found there were no children in the restaurant, Welch said: "The intel on this wasn't 100 per cent." But he would not completely dismiss the online claims while talking to the newspaper, conceding only that there were no children "inside that dwelling."

Welch appears to have lived an aimless life that became turbulent in the weeks before he was drawn to the nation's capital by a fake news story.

Friends and family say he is a well-meaning father of two girls who wanted to be a firefighter. But he also unnerved some with his religious fervour and sometimes had trouble detaching himself from the internet.

In the weeks before his arrest, there were other signs of turbulence. In late October, Welch struck a teenage pedestrian with his car in his hometown, requiring the boy to be airlifted to a hospital, according to a police report that said he wasn't immediately charged. More recently, days before he drove to Washington, he was dropped from the rolls of a volunteer fire department.

In past years, he was convicted of drunk driving and minor drug charges. But the one constant, friends and family say, was his love for his two daughters.

"He's a father and a very loving man, very concerned about children," said his aunt Tajuana Tadlock, adding: "He's not a vigilante, by no check of the words."
THE ASSOCIATED PRESS

Paris grappling with winter

Andrew Fifield
Metro | Toronto

Parisians are currently enduring the worst winter air pollution to hit the city in at least a decade, and authorities are cracking down on cars to tame it.

Public transit has been free for everyone since Tuesday and only vehicles with odd-numbered plates are allowed to enter the city's core. On Tuesday, it was drivers with even-numbered plates who got to take their turn.

Of course, not everybody took up the offer of a free ride to work. Nor would they be told they couldn't drive their vehicle downtown. More than 1,700 drivers were fined for violating rules intended to ensure their neighbours might have a chance to breathe some clean air sometime in the near future.

Like many measures of environ-

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FW-45: METRO TORONTO, OTTAWA

The Sacre Coeur Basilica and the Paris skyline seen through a haze of pollution.
AFP/GETTY IMAGES

pollution

mental quality, air pollution has been a hot topic in 2016.

London Mayor Sadiq Khan declared his city's first air pollution alert last week, Beijing's notorious pollution has triggered repeated warnings, and Delhi closed schools, halted construction and restricted traffic in response to a pollution emergency.

Onus is on police to earn trust

Rosemary Westwood relocates from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.

Something seemed to have snapped.

By the time Louisiana Sheriff Newell Normand got behind the podium this week to announce manslaughter charges in the high-profile shooting death of football player Joe McKnight (formerly NFL, recently CFL), it appeared as if years of Black Lives Matter activism, the ensuing scrutiny of police and attacks against police, and the swampy tone of internet debate had combined to tip him over the edge.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter three days after police let him go — even though Gasser had admitted to shooting McKnight, a black man, to death, in a road rage incident just outside New Orleans. But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation, existential dismay at the state of his community, and a plea to respect police and the justice process in Louisiana.

It was unusually instructive, too, on a far deeper level than who was charged with what, both for what Sheriff Normand said, and what he did not say. For a 44-minute microcosm of the colliding issues around race, the Internet and policing in this America, you couldn't do much better.

At times, Normand's fist pounded the podium, and he berated national and local critics of his investigation and of the elected officials who supported his police force. "Shame on you!" he said. He quoted at length, and without censoring, the vulgar, racist and anti-gay comments directed at those officials (MSNBC had to drop its live coverage). He said black men should be more afraid of "black-on-black" crime, not road rage. He said Louisiana's "stand your ground" laws, which permit lethal self-defence, made the case tricky, and was incredulous that black-rights activists like the NAACP were not content to trust his officers to do their job in investigating McKnight's death.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter ... But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation.

"It's not even really anymore about this case. It's about all the other cases that are yet to come," Normand said, getting it only half right. Uproar over police actions across this country is also about all the cases that came before.

"This isn't about race. Not a single witness has said, up to this day, that there was one racial slur uttered during the course of these events," Normand said, ignoring completely the kind of ingrained racism that breeds disproportionate fear and hatred and requires no explicit slurs in order to raise the risk of violence.

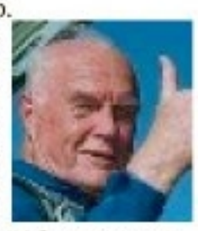
"We better reflect and look at ourselves in the mirror and decide: What are we going to be about in our community? Are we going to continue to tear ourselves apart?" he asked, apparently unable to see that policing in Louisiana isn't exactly a model of community outreach.

This state has the highest incarceration rate in the U.S. New Orleans has a chronically underfunded public defender's office. Normand's own police force has been criticized for jailing school kids — and black kids in particular — at the highest rate in the state. And black people, and black men and boys in particular, are overrepresented across the criminal system. Normand might not like it, but optics matter. He might not like it, but onus isn't on the people to trust police, it's on police to earn that trust. And the critics aren't going anywhere.

SPACE

'Godspeed, John Glenn'

John Glenn was the ultimate all-American hero.



U.S. astronaut John Glenn.
GETTY IMAGES

He was the first American to orbit the Earth, a war-hero fighter pilot, a record-setting test pilot, a long-time senator, a presidential candidate and a man who defied age and gravity to go back into space at 77. What made Glenn was more his persona: He was a combat veteran with boy-next-door looks, a strong marriage and nerves of steel. Schools were named after him. Children were named after him. His life story of striving hard, succeeding, suffering setbacks and high-flying redemption was as American as it gets.

His life lived up to the famous send-off that fellow astronaut Scott Carpenter gave to him that February 1962 day, just before he became the first American to circle Earth in space:

"Godspeed, John Glenn."

John Herschel Glenn Jr. died at the James Cancer Hospital in Columbus. He was 95.

THE ASSOCIATED PRESS

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Vlad Tenev and Baiju Bhatt are co-founders of Robinhood, a stock brokerage that does not charge commissions for its customers to buy and sell shares. THE ASSOCIATED PRESS

Banks risk disruption

BANKING

Tech startups offer easier, cheaper ways to borrow, invest

It may not be much longer before bank branches join video-rental stores and record shops as relics of a bygone era.

Silicon Valley is pressuring banks to change their ways or risk becoming the latest industry overtaken by technology. Hundreds of financial technology, or "fintech," startups are offering easier and cheaper ways to save, borrow, spend and invest. They are doing it by shifting the battleground to smartphone apps and websites, which function as digital offices that are accessible around the clock with minimal staffing, and by lowering fees.

Banks appear to be tackling the fintech threat by closing branches, laying off workers, pouring money into their own technology departments and even buying or teaming up with fintech startups.

TAKING THREAT SERIOUSLY

A survey of the financial services industry by the research firm Gartner Inc. found that 70 per cent of respondents considered fintech startups to be a bigger threat than their traditional rivals. With their guard up, the much bigger banks are more likely to drive many of the fintech startups out of business if they don't acquire them first, says Gartner analyst Rajesh Kandaswamy.

BIG, BOLD APPROACH

Robinhood, a stock brokerage, does not charge any commissions for its more than 1 million customers to buy and sell shares. To make money, it recently introduced a $10 monthly service that allows trading when the stock market is closed and offers higher borrowing limits.

At Affirm, an online lender, CEO Max Levchin — a co-founder of PayPal — has raised $525 million to back Affirm's focus on consumers who do not like or cannot get credit cards. Affirm has developed its own formula to identify borrowers able to repay loans in equal installments in time frames ranging from three months to one year. Affirm also refuses to charge fees for late payments.

A YOUNG MARKET

Fintech's target market so far has been the millennial generation, the 18- to 34-year-olds who typically have a deeper attachment to their smartphones than any bank.

THE ASSOCIATED PRESS

MINING

SNC-Lavalin eliminating 405 more jobs in Canada

Engineering giant SNC-Lavalin is cutting another 405 jobs in Canada, citing weakness in the mining sector and ongoing efforts to boost its profit margin. The company will eliminate 186 positions in Montreal, 195 in Ontario and 24 in Saskatoon, and will close its office in Sudbury, Ont. This year, the company cut 950 jobs around the world, including 600 in Canada. That followed the elimination of 4,000 positions in 2014.

THE CANADIAN PRESS

TRENDS

Pantone picks 'greenery' as colour of year

Amid social, political and environmental tumult around the world, the Pantone Color Institute on Thursday plucked fresh and zesty "greenery" as the colour of the year for 2017.

The vibrant green with yellow undertones is an answer, of sorts, to bruising 2016, signalling a yearning to rejuvenate, and to reconnect to both nature and something larger than oneself, said Laurie Pressman, the institute's vice-president.

The team at Pantone, based in Carlstadt, New Jersey, scouts trends through the year in media, on runways and at trade shows around the world.

The colour "greenery" is in contrast to the soft, calm-inducing dual choices of "rose quartz" and "serenity" blue as the colours of the year for 2016.

In addition to the emerging recycle-and- share economies, we have green rooftops, green spaces and indoor vertical farming. In home decor, there's a trend to connect with the elements outside through open spaces and vast windows, Pressman said.

On the industrial side, both Skoda and Mercedes showed bright green cars for 2017. For the kitchen, Pantone spotted its shade in appliances, including a Keurig coffeemaker, and in cookware.

And in fashion, menswear designers have played into the idea of gender fluidity through prints and accessories of bright greens, along with the creators of womenswear and beauty products, ranging from the couture of Oscar de la Renta in a leaf-embellished gown to bright green shades for eyes, nails and lips.

THE ASSOCIATED PRESS

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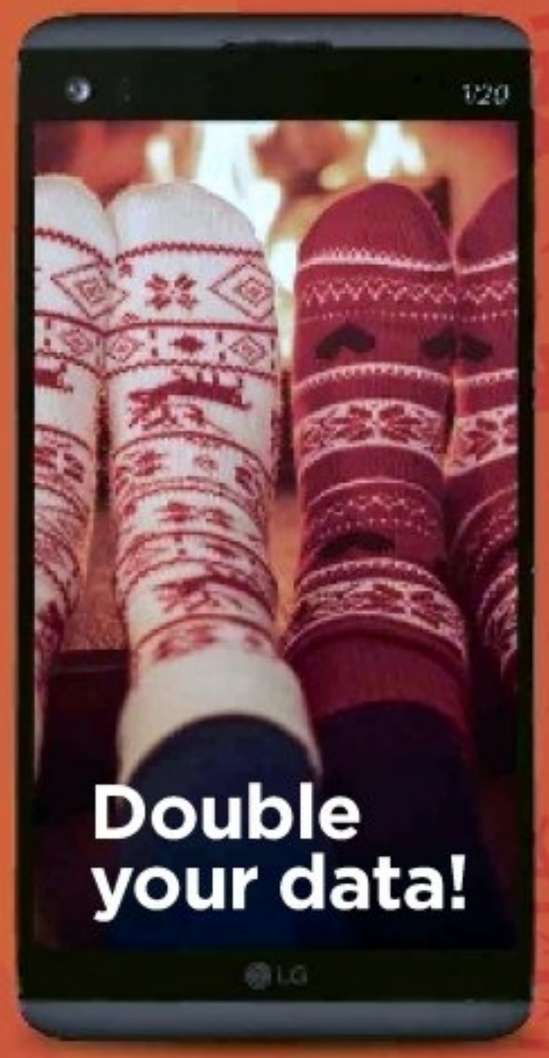

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metro SCIENCE

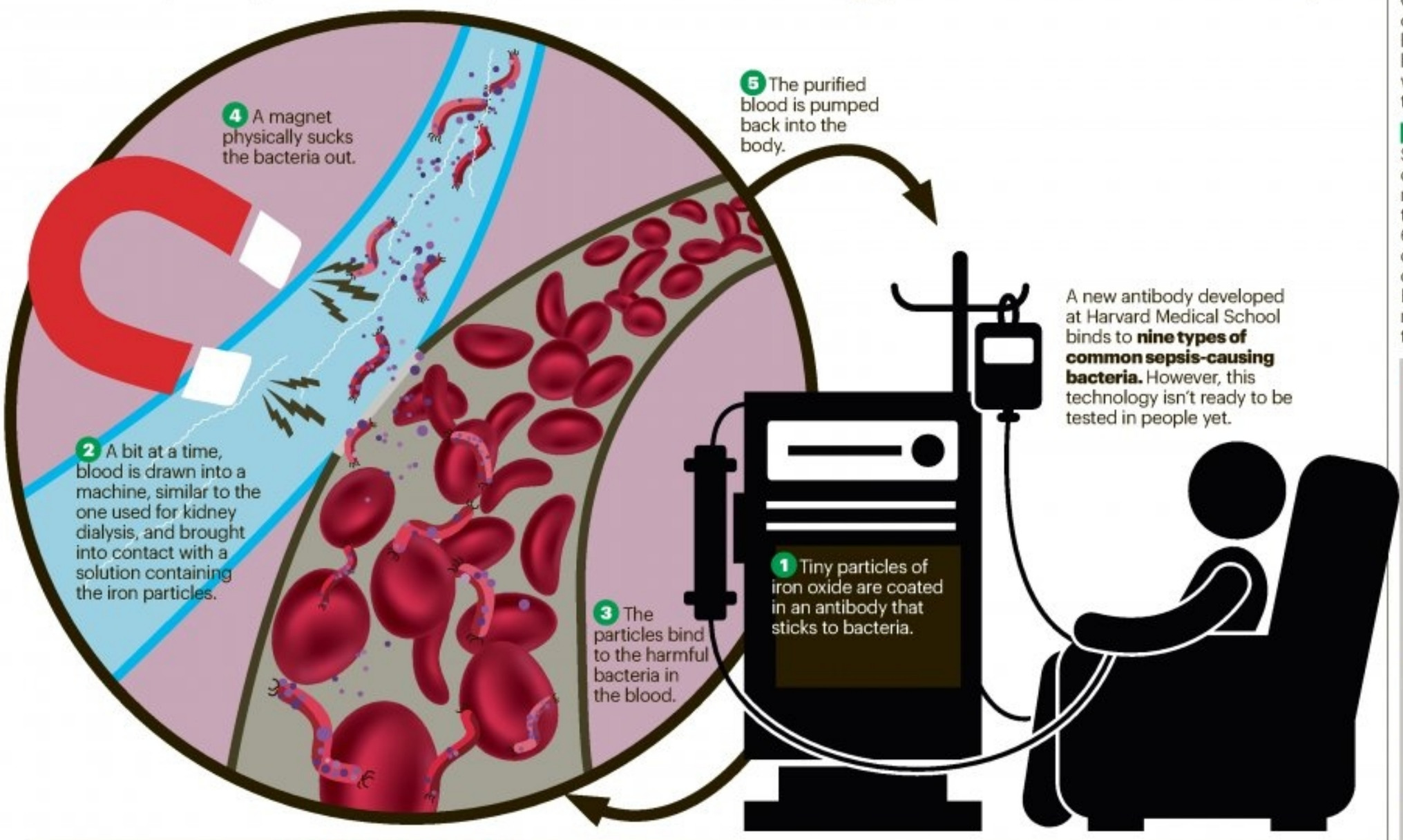
Your essential daily news

A study of a star like our sun suggests life on Earth will disappear when our sun explodes in 5 billion years, but the planet itself might survive

DECODED by Genna Buck and Andrés Plana

AN ATTRACTIVE FUTURE TREATMENT

Emergency rooms see it every day: Someone with a very high or very low temperature and confusion. They're gasping for breath and going downhill fast. It's **sepsis**, when the immune system launches an all-out attack on an infection, but also damages healthy organs, leading to death in a third of patients. There's often no time to determine exactly which germ is responsible. Treatment is a truckload of antibiotics, life support and lot of hope. **Thanks to nanotechnology, there could soon be a better way.**



CITIZEN SCIENTIST by Genna Buck

Why pseudoscience thrives on uncertainty

What are muscle knots? I have a nasty one in my neck. Depending on what you Google, they range from being filled with toxins to being fabrications of massage therapists' imagination. - Heather

Oh man, Heather. That was quite a Google pit you fell into. And now I'm down here with you. So let's find our way out!

First of all, though common, muscle knots are poorly understood. It's not even certain that they're one discrete thing, with a specific cause and progression.

Instead, they're defined by a set of symptoms. A knot is a tender area that may feel like a knob of hard tissue deep within a muscle. Putting pressure on it usually causes painful twitching and additional pain in a distant muscle. (Press the knot in your calf, and your foot seizes up).

One major theory says muscle knots are **myofascial trigger points**: bits of hypersensitive connective tissue that cause muscle to tense up painfully. A few imaging studies have found increased stiffness in areas where patients say they have knots.

But recent research suggests the trigger point theory doesn't hold up. The diagnostic criteria are vague and variable. Plus, none of the treatments based on it seem to work better than a placebo: not the usual stuff, like injecting Botox or anaesthetic into the sore spot, and not unproven, New-Agey therapies like acupuncture or dry needling, either.

Some knots could be due to scar tissue from a tear or strain. Nerve swelling may be to blame. But there are no clear answers.

And when there's no clear cause or reliable treatment for a painful condition that affects many people, quacks and charlatans get visions of dollar signs dancing in their heads. Just look at the cottage industry of expensive supplements and dubious diets for irritable bowel syndrome.

The cure for this phenomenon is more research. I can personally assure you muscle knots are real. I just can't tell you what they are.

Science Question? Tweet @genna_buck

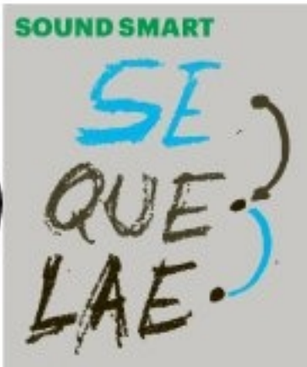
FINDINGS
Your week in science

BEIVUSHTANG/WIKIMEDIA COMMONS

PRECOCIOUS POLLUTERS
Carbon dating of 7,000-year-old silt from the Jordan River has shown that Neolithic humans were polluting the water with copper back when they first learned to smelt.

D-N-Awful
Swedish scientists have discovered that a single gene mutation, which causes us to make more omega-3 and 6 fats, is linked to metabolic disease, rheumatism, bowel disease and several cancers. Before we started eating so many calories and so much fat, this may have been helpful.

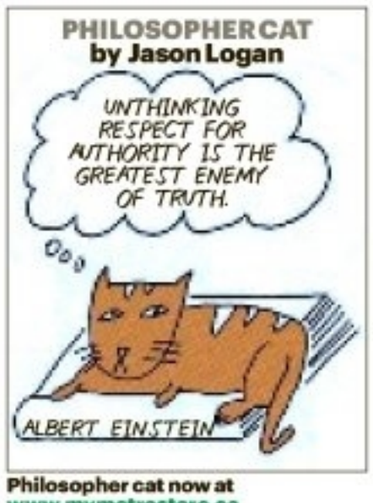
SOUND SMART



DEFINITION
Sequelae (singular: sequela) is the medical term for a condition or disease that happens as a consequence of a past one.

USE IT IN A SENTENCE
Deborah's smoking habit, even though she only smokes an average of one cigarette a day, puts her at a nine times greater risk of dying from lung cancer than a non smoker. Lung cancer is a known **sequelae** of nicotine addiction.

PHILOSOPHER CAT
by Jason Logan



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Capturing the essence of Jackie

ICON

Portman astounding in role as former First Lady

Steve Gow
For Metro Canada

Natalie Portman has gained the attention of critics for her portrayal of the iconic wife of President John F. Kennedy in Jackie. CONTRIBUTED

Natalie Portman is certainly a favourite for an Oscar nomination with her latest performance — as Jackie Kennedy.

After all, the 35-year-old thespian has been winning accolades from the toughest critics for her astounding portrayal of the endearing former First Lady in the eponymous new biopic, Jackie.

"It was the first time that I'd played a character that people know so well; they know exactly what she sounded like and how she moved," recalled Portman during a recent interview about the scrutiny of interpreting the iconic wife of President John F. Kennedy. "You could literally put the images side by side and play them at the same time and see how close I am — you can judge it that closely."

It's no surprise that the role has been viewed under a microscope either. For more than 50 years, the late-icon has been one of America's most admired women. But even as ubiquitous and well-known as Jackie may be, Portman admits her education was comprised of "a pretty superficial perception" until she began researching some 20 books in preparation.

"The fact that she coined Camelot was a surprise to me," said Portman of the favourable nickname graced upon the Kennedy presidency. "I always thought that was the press that had come up with that, but I hadn't realized she had named it herself."

> **It was the first time that I'd played a character that people know so well.**
> Natalie Portman

Directed by acclaimed foreign director Pablo Larrain (No, Neruda), Jackie is much more than just focused on the superficialities of Jackie's quips or legacy as a fashion icon, however.

Instead, the Chilean auteur aimed to craft a distinctive character study of a conflicted First Lady in the wake of her husband's 1963 assassination — a national tragedy and a mourning she shared with the public. It was this challenge that Portman found "definitely daunting but also nice to do something that you're totally scared of."

"Pablo is an incredible talent and I think he made something really special and unique," added Portman, who truly appreciates the skills of an adept director. "I feel like a lot of directors have their way of what they think they should be saying to actors and it really doesn't work the same for everyone. It's a very specific talent to be able to understand and intuit what an actor needs."

MOVIES

Glimpse into private life

The film explores the nuances of Jackie Kennedy's public and private sides in the immediate aftermath of the assassination of her husband as she plans the funeral, comforts her children and tends to her husband's legacy.

It's what compelled screenwriter Noah Oppenheim to make her the subject of his first script.

"I didn't feel like she had ever gotten enough credit for understanding intuitively the power of television, the power of imagery and iconography and her role in defining how we remember her husband's presidency," he said. THE ASSOCIATED PRESS

RENAMED, RENUMBERED, REVISED
ROUTE AND SERVICE CHANGES TAKE EFFECT DECEMBER 25

EXPRESS ROUTES
- Express routes will be renamed Connexion and renumbered in the 200s
- Cost to ride will be reduced to regular fare
- Connexion routes skip some Transitway Stations in the afternoon

Connexion

ORLÉANS
- Routes 20A and 120 will be combined as new Route 33
- Routes 30 and 130 will be combined as Route 30

KANATA
- Routes 60, 64, 93, 165, 181 and 182 will be re-numbered and changed to serve the new Park & Ride at Innovation Station

NEW NUMBERS
- Routes 24, 40, 43, 67 and 140 will be renumbered as Connexion Routes in the 200s
- Routes 201, 202, 203, 204 and 205 will be renumbered as Shopper Routes in the 300s

ROUTE 5
- Will be split in two - routes 5 and 19

HOLIDAYS
- Most routes will have revised schedules during the holidays, December 26 to January 6

WINTER SCHEDULES
- New schedules go into effect on most routes beginning December 25

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BIOPIC

Film spotlights children's plight

Steve Gow
For Metro Canada

Nicole Kidman (Sue Brierley), David Wenham (John Brierley), and Sunny Pawar (young Saroo Brierley), star in Lion. MARK ROGERS/SUPPLIED

After nearly 35 years in movies, Nicole Kidman can handpick any director to work with in Hollywood. Instead, the 49-year-old starlet's latest project was helmed by first-timer Garth Davis — an artist more famous for making Coke commercials than feature films.

"He's a really talented director," said Kidman during an interview for Lion. "Garth is just very easy; he's got a very soulful, laid-back approach to things and so I was just very happy to be a part of his vision."

Inasmuch as the Toronto International Film Festival's People' Choice runner-up was envisaged by Davis, Lion is truly the celluloid realization of the life of Saroo Brierley — a young Indian man who, at five years old, was tragically separated from his family and finds himself living on Calcutta streets.

Unable to speak the local tongue and sleeping in train stations, Saroo's epic odyssey ends up miles away in Australia where he eventually finds salvation in an adoptive mother named Sue Brierley.

"It was definitely how Saroo remembered that experience," explained Davis of the heart-wrenching memoir. "I'm just presenting the story as I understand it so I think some people won't even accept it because its just too crazy to believe."

But the film is also a profound eye-opener to the plight of thousands of kids around the globe. As much as Davis aimed to unweave an inspirational family drama, he was soon making a movie with a message.

"It's just one of those disturbing truths that there are kids sleeping at the train station even today," said Davis. "We didn't realize just how many kids go missing — it's a big issue (and) if anything can bring some dialogue and awareness about it, that's great."

As for Kidman, she was simply overjoyed with finding a connection to Brierley and the chance to express her own devotion as mother to two adopted children.

"Just like her speech (in the film) when she said she had this vision of a brown-skinned child and then it all came to fruition — I just related," admitted Kidman, with a laugh. "But she also has red hair, fair skin and she's Australian — so we have a few things in common."

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While on the awards trail, Patel said he's taking the opportunity to talk to and learn from his fellow actors on the same path. "The first time around (for Slumdog Millionaire), I was so beautifully naive about it," he laughed. CONTRIBUTED

Dev in the details

ACTING

Slumdog idol throws himself into role fully

Dev Patel knows how special a film like Lion is.

He's been waiting nearly eight years, since his breakout in Slumdog Millionaire, for a role as substantive and soulful as Saroo Brierley, an Indian man who was lost as a five-year-old, adopted and raised by Australian parents, and who, 25 years later, used Google Earth to retrace his steps to his hometown and his birthmother, not knowing the name of either.

"I read an article about it somewhere, I'm not quite sure where, and I was completely mesmerized," Patel said.

It's why the 26-year-old pursued the part so aggressively, showing up at screenwriter Luke Davies's doorstep before the script was even finished, and, after winning the part, taking a full eight months to prepare.

Not only did the rail-thin Patel bulk up to play the sporty Saroo, grow his hair out, and learn a difficult Australian accent, but he also fully immersed himself into the emotional and spiritual reality of the man.

Brierley and Patel had to go much deeper than that, though.

This is not a simple boy-goes-home story. Brierley's traumatic separation from his home and his mother and struggle to survive on his own is contrasted by his then-comfortable upbringing in Australia with supportive and loving adoptive parents.

His past is something that he represses for years, until it becomes a ghost so undeniable that he must do everything he can to find his mother.

It's one of those stranger-than-fiction stories that begs for cinematic treatment.

"I can't say that the majority or even half the movie is sensationalized. It really isn't. It actually happened in real life," Brierley said.

On set, director Garth Davis pushed Patel deeper into Brierley's pain.

He had Patel watch the actor playing the five-year-old Brierley (newcomer Sunny Pawar) so that there were specific memories to draw on.

He threw him into big scenes right off the bat (they shot the very last scene first), and he made him do "hippie" mental exercises like staring into a mirror for a half hour before coming to set one day.

"The first two minutes were excruciating, because when you do that, you're usually brushing your teeth or popping a pimple or something and then the next 20 minutes all of a sudden I got sucked into this sort of trance-like state and I couldn't recognize the person staring back at me," Patel said.

"I looked like my father, I looked like my mother. And I went to set visibly shaken. I was like 'Garth, I feel like a fool, like I don't know who I am. I think that the task went horribly wrong.' He looked at me and said, 'that's exactly what you should feel. Your body is just a shell but your soul is ever-changing. I was like 'whoa."'

> **I really relate to characters kind of going against the odds.**
> Dev Patel

It was all in service of capturing the essence of Brierley, who Patel knows he doesn't look like.

For Patel, the stories represent completely different journeys — Brierley is a modern Australian man who remembers little of his Indian identity.

Patel is already fully on the awards trail for Lion. He's done this before, but now has a bit of experience under his belt and is no longer that wide-eyed 18-year-old.

He said he's taking advantage of the opportunity to talk to and learn from his fellow actors on the same path.

"The first time around I was so beautifully naive about it. I look at Sunny and I can relate to it. He met Bill Clinton the other day and I don't quite think it dawned on him who the man was he was meeting," Patel said, laughing.

Ultimately, Patel is just grateful that he was able to stretch beyond "your usual quirky best friend character role or like tech extraordinaire."

"Stories like this, they're so few and far between especially for a British Indian guy like myself," he said. "I think everyone faces a stereotype ... I don't want to make it about that. It's just my thought process of throwing absolutely everything at this role. I knew how precious it was."

THE ASSOCIATED PRESS

Cost of being a woman in politics

THRILLER

Miss Sloane finds strong woman caught up in danger

Steve Gow
For Metro Canada

John Madden isn't afraid to admit it: He really admires women.

And it shows in the veteran filmmaker's oeuvre. From the Oscar-nominated Queen Victoria-biopic Mrs. Brown to the Oscar-winning hit Shakespeare in Love, he has crafted a career by considering the complexity of women.

"Almost every film I make ends up being about an empowered woman in a different way," stated Madden recently while promoting his latest thriller Miss Sloane.

"I mean, they are a superior race in my view. Precisely because the balance of emotion, intellect and drive is a balance that all men ought to aspire to and most can't or don't."

Certainly Madden's latest character, the titular Miss Sloane, comprises those commendable qualities, even if they are tested.

When the story's cutthroat lobbyist faces off against Washington's most ferocious powerbrokers to take up arms against the gun lobby, she must pay the cost of being a woman of high authority in the political world.

"This piece is not trying to put forward feminist ideas, but nevertheless it's absolutely about female empowerment and all of the key characters moving forward are women," said Madden of the labyrinthine drama.

"The idea that she weaponizes herself and purges herself of everything that makes her an incredibly effective political performer, and in the process connects with something she actually believes in, was quite an interesting story."

The thriller's empowerment theme wouldn't succeed without star Jessica Chastain either, who not only delivers a "virtuoso performance," but embraced the chance to tackle issues that are essential to her art.

"She seeks out roles that are very much defined by gender issues because she's very engaged in that world and I think she was fascinated by it politically," said Madden, who cast Chastain immediately after reading the script.

Having worked with her previously in the 2010 thriller The Debt, Madden realized only an actor as viscerally talented as Chastain could seize the soul of Miss Sloane.

"It has nothing to do with observable technique," said Madden of Chastain's incredible skill for such an intricate, tangled character.

"She has a way of actually deploying her intelligence and emotional intelligence in a way that simply emerges as behaviour."

> She seeks out roles that are very much defined by gender issues because she's very engaged in that world.
> John Madden on Jessica Chastain

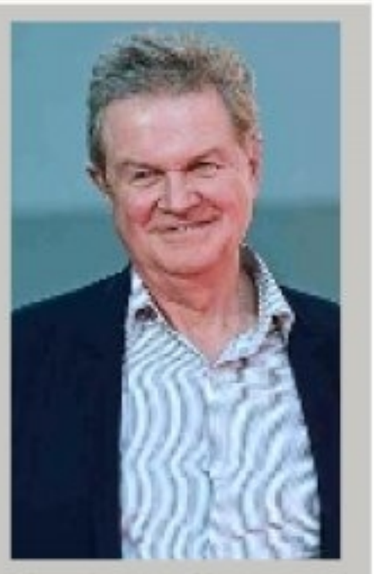
MOVIES

Art imitates life, and the presidential campaign

Filmed amidst the heated U.S. election, Miss Sloane took on new context in light of the gender politics that arose during the campaign.

"The film works in that way and I think that's a potentially very satisfying experience," said Madden.

"Gender politics and the political process itself became the obliterating issues of the presidential race, both of which are installed right at the centre of our film."



Toronto, D.C.?

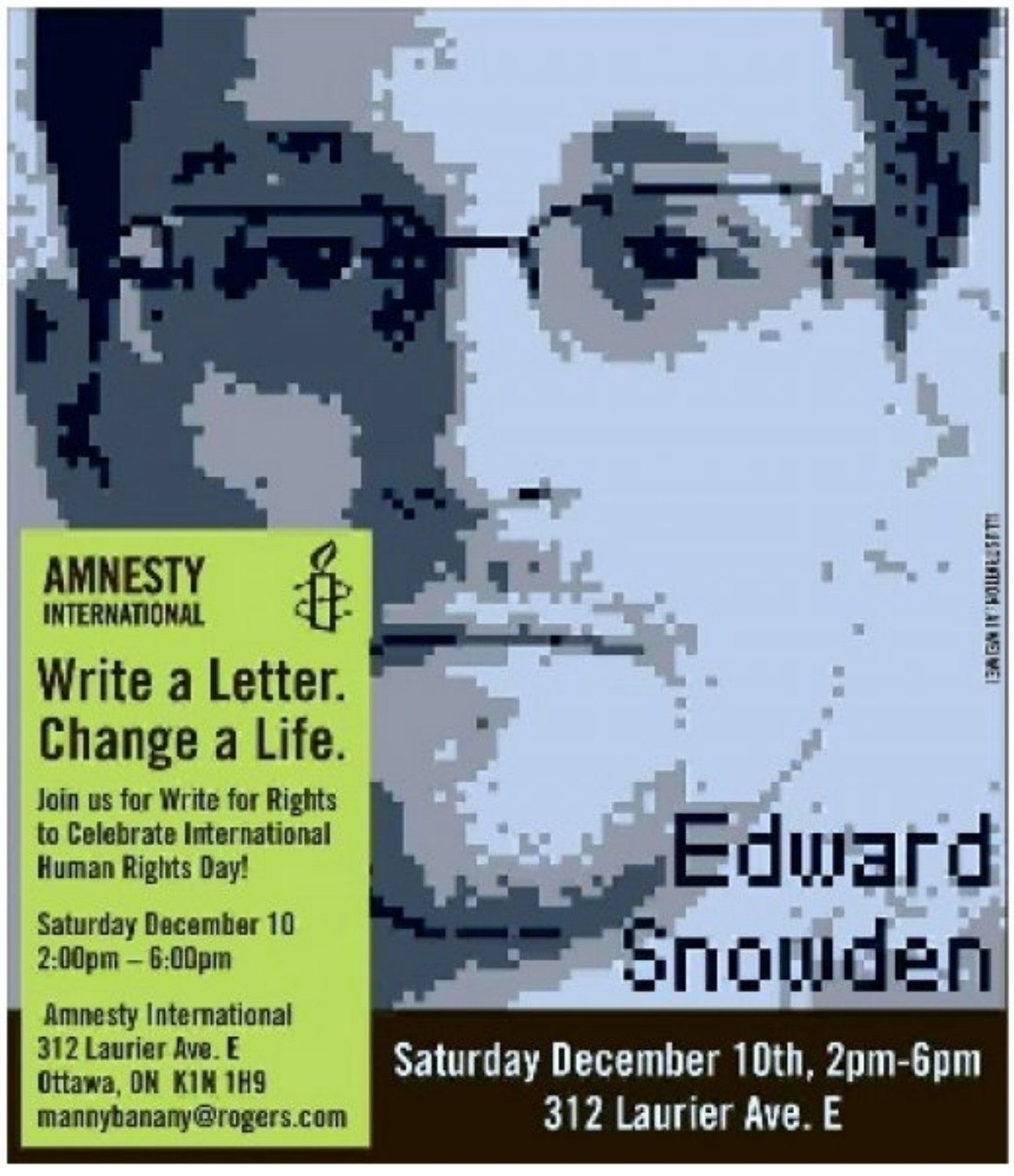
Although set in Washington, Miss Sloane was filmed in Toronto. Keen eyes will surely recognize many familiar locations.

"Oh dammit, you weren't taken in!" laughed Madden, who admits to filming in such venues as the Royal York Hotel.

"It's the most extraordinary thing we did.

"We shot the majority of the film in about four blocks of the core really."

Jessica Chastain embraced her role in Miss Sloane because the issues of gender politics are very much a part of her experience as an actress. CONTRIBUTED



SO VERY '70S

CONTRIBUTED BY HOLLYWOOD SUITE

Sensitive, culturally relevant topics have always had a tough time crossing over to the mainstream. In the 1960s and '70s, filmmakers driven by social change found new and inventive ways to open the conversation on a wide range of difficult-to-tackle subjects and made great films in the process. Here are five tough topics tackled by some iconic films:

Midlife Crisis: A concept that surprisingly only became prominent in the mid-'60s, the cultural discussion about the concept of a midlife crisis took off after Blake Edward's hilarious 1979 comedy 10, which follows a hapless Dudley Moore going to ridiculous lengths to solve his.

The Vietnam War: Before 1978's Coming Home and especially 1979's Apocalypse Now, most films portrayed the Vietnam War in a positive light. Once these films were released, though, it was harder for the public at large to ignore how different Vietnam had been, the horrors individuals had survived in the conflict and the veterans who were slipping through the cracks.

Open Relationships: Though the summer of '69 was all about free love for hippies, Bob & Carol & Ted & Alice explored the practice of New Age thinking among more "square" couples. Despite the film's hesitance to praise these practices, it went on to open the conversation about New Age therapies and alternative relationships in popular culture.

Going "Out West": Work was hard to find in the Maritimes in the '60s and '70s, and many folks headed west only to find more unemployment, but without the comforts of home. Donald Shebib's Goin' Down The Road follows the journey of two men on just such a hopeless quest, and connected audiences across Canada to the struggles of their fellow countrymen.

Home Computers: The late '70s brought computers into homes for the first time, but many families were unsettled by what the true costs of this kind of technology might be. It's no wonder 1977's Demon Seed sees the introduction of computing and automation as something that destroys the sanctity of the traditional home in terrifying ways.

Rediscover the films that reflected changing times. The Hollywood Suite Free Preview is on now until Jan. 5. Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch Apocalypse Now, Goin' Down the Road, Bob & Carol & Ted & Alice, Demon Seed and 10 this month on the Hollywood Suite '70s Movies channel. Learn more at hollywoodsuite.ca/freepreview.

HOLLYWOODSUITE
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A hilarious distraction from the mundane

From left: Courtney B. Vance and T.J. Miller in Office Christmas Party. Miller plays Clay, an office manager who, in a last ditch effort to save his branch from closure, throws an epic office party in an attempt to woo a potential client. CONTRIBUTED

INTERVIEW

A message to North America to take a break these holidays

Richard Crouse
For Metro Canada

In Office Christmas Party T.J. Miller plays Clay, a scattered office manager with a "mind like a drunk baby." In a last ditch effort to save his branch from closure he tries to woo a lucrative client by throwing a no-holds-barred Christmas party.

"This is the way we close Walter," says Clay. "We throw the best Christmas party he's ever seen. We could save everybody's jobs."

Miller leads an ensemble cast featuring heavy-hitters like Jason Bateman, Olivia Munn, Kate McKinnon and Jennifer Aniston but he doesn't want to talk about that. Not right away, anyway.

Instead he begins the interview with, "Let's talk comedy in a time of tragedy."

OK, lets.

"Basically I have a political obstacle to my social mission statement," he says.

"The social statement was, tragedy permeates our everyday lives, people are lonely, they're scared, they have death anxiety, they don't know how to attribute meaning to their own existence, so through comedy we can provide an opiate or distraction that permeates our everyday lives. Through satire we can hopefully frame the world in a way that people can laugh at.

"Also I aim to help people, through my stand up, to release the death anxiety. I aim to help people not take themselves so seriously."

When Miller, who also currently plays Erlich Bachman on Silicon Valley, finally gets around to talking about Office Christmas Party, he's still on message.

"It's very easy to promote a comedy during the apocalypse," he says.

The Christmas film, which features a greedy pimp, a sexually repressed head of HR and an office load of drunk, disgruntled employees, is a mix and match of sentimentality and debauchery that Miller thinks is perfect for the season.

> **Workplace environments have become so sterile and corporations have become so much about profit and not the people they work with, that we've lost the fun of work.**
> T.J. Miller

"What better way to spend the holidays?" he asks. "First of all you don't have to talk to your family for an hour-and-a-half during the holidays. That's a bonus. If the movie is funny, you talk about how funny it was for half-an-hour. How dynamic Jenifer Aniston, Jason Bateman and Courtney B. Vance are. How strange I look in a Santa suit for that long. That my facial hair is still abrasive and arresting. That's two- and-a-half to three hours towards a stress free holiday. That's what we're pitching you.

"It's a funny movie. It's a laugh a minute. Well, it's a laugh every minute-and-a-half to two minutes. We wanted to give you a break. It's exhausting to laugh every minute."

Miller, who once worked as a legal secretary in the same Chicago office building seen in the film, says the movie is silly and fun but shares his core comedy philosophy.

"Workplace environments have become so sterile and corporations have become so much about profit and not the people they work with that we've lost the fun of work. We don't have cool office Christmas parties anymore. We are saying, 'You spend so much time with the people you work with, why not have a night or two a year where you can kind of just relax? Take a night off from worrying about offending someone or giving 'tude.'

"That is our message to North America. Take the holidays, drink way too much eggnog, laugh, relax and know that we've got a lot of work to do in 2017."

How to impress at the office party

SMART CAREER MOVE

Use the get-together to schmooze not just booze it up

Vawn Himmelsbach

It may seem obvious: don't get out-of-control drunk at your office holiday party and make a complete fool of yourself. But each and every year, there are gossip-worthy antics — from inappropriate outfits to TMI — that make the rounds at the water cooler on Monday morning.

But it's just not office gossip that's a problem. "Social media enables this disaster to happen much more quickly and in a viral way," said Lisa Orr, etiquette and protocol consultant with Orr Etiquette. "The repercussions are so much more substantial. It used to be whispers, now it's video on YouTube. Drinking and social media don't mix."

But people drink anyway: In some cases, they might be nervous about socializing with their boss or colleagues, so they drink to steady their nerves. That can result in behaviour that one regrets later, such as telling your boss about your marital problems or pursuing that office crush.

"There are studies that say 45 per cent of people have shared TMI at office parties," said Julie Blais Comeau, chief etiquette officer with etiquettejulie.com. And the culprit, in many cases, is alcohol.

Orr suggests going in with a strategy, and to approach your office holiday party as an opportunity to build social capital, "so when you have an opportunity to connect at work, you have a stronger connection." The best way to deal with nerves is to prepare — rather than rely on alcohol — by knowing who you want to connect with and what you want to talk about.

Instead of relying on alcohol to deal with nerves at the office party, approach the event as a chance to build social capital. ISTOCK

"If you know you're nervous, find an alternate beverage, like cranberry and soda," she said. "It's nice to have a drink in your hand, but it doesn't have to have alcohol in it."

Getting drunk is a common etiquette misstep, but so is inappropriate clothing. "My rule of thumb: wear what you would wear to impress a client," said Orr. This isn't the time to wear that revealing, skin-tight dress, or to be a 'rebel' and show up uber-casual in ripped jeans.

While people in the fashion industry have a different set of rules when it comes to attire than banking professionals, Orr recommends treating the party as an extension of your workplace — and dress accordingly.

"You're at a party, it's an opportunity to show how much you respect your host, so err on the side of slightly dressy," she added.

Thinking of wearing those gag reindeer antlers or jingle-bell earrings? Think again. "Do you want your boss to remember those antlers come performance appraisal time?" said Blais Comeau.

Another etiquette misstep involves the RSVP. People say they're going to show up, then don't. Or people don't RSVP, and then show up, sometimes with a plus-one.

Every event has a budget, and that affects what the host can provide for guests. So when you RSVP to an event (or decline the invitation) it's a sign of respect.

In instances where you can bring a plus-one, you're also responsible for them and their behaviour. "Regardless of whether or not it should reflect on you, it does," said Orr. "If a partner wouldn't enjoy it or wouldn't handle it well — when they get nervous they drink too much — proactively manage that." That means prepping them ahead of time, or perhaps even deciding to leave them at home.

When it comes to office holiday parties, the key word is 'office,' said Blais Comeau. "It is a work function," she reminded. And that means, even if you dread such events, you should still go.

"If you choose not to go, people are going to wonder why you didn't go," she said. "You should attend, especially if it's [during] office hours." And make sure you don't hang exclusively with your office clique; this is a golden opportunity for intra-company networking.

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Tablets, laptops and 2-in-1s, oh my!

HOOK IT UP

Lots of choice if you're gifting a new computer

Marc Saltzman

'Tis the season to shop for consumer electronics — especially if you want to take advantage of the sales on tablets, laptops and 2-in-1s, a trendy hybrid of the two form factors.

Whether you're looking to wrap up something to put under the tree or want to treat yourself to a new device, you might be overwhelmed with the various options available. If that's the case, here are a few solid suggestions, divided by form factor.

Tablets

Powered by Android, Samsung Galaxy Tab A ($199) is a slender 7-inch tablet with a 1.3GHz quad-core processor, two cameras, and 8GB of storage — with up to 200GB of additional storage through optional microSD cards.

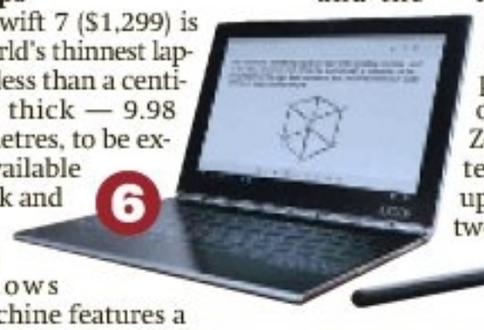
For those with a healthier budget and desire for a larger device, Samsung Galaxy Tab E ($259) is a 9.6-inch tablet with 16GB of storage, expandable memory, dual cameras, and many other features.

Available with a 9.7-inch (from $799) or 12.9-inch (from $1,049) display, Apple's iPad Pro is a versatile device that lets you tap, swipe or draw on its sharp Retina display — including support for precision work via Apple Pencil. Designed for mobile professionals and creative types, iPad Pro supports countless quality apps and split-screen tasks.

The first tablet that can truly replace your laptop, Microsoft's Surface Pro 4 (from $1,179) is a Windows 10 machine with a powerful Intel Core processor, PC-like ports, Surface Pen stylus (included), integrated multi-angle kickstand, and starting at 128GB of solid state storage. Snap on one of the multiple magnetic Type Covers, with its integrated keyboard and trackpad (sold separately for $169.99), and you can get your work done, anytime and anywhere.

Laptops

Acer Swift 7 ($1,299) is the world's thinnest laptop at less than a centimetre thick — 9.98 millimetres, to be exact. Available in black and gold, this Windows 10 machine features a 13.3-inch (non-touch) IPS display with Corning Gorilla Glass, large trackpad, and in the performance department, it's one of the first laptops powered by Intel's 7th Gen Core processor for fast speeds and exceptional battery life (up to nine hours).



Also a svelte pick is the 14-millimetre thick ASUS ZenBook UX306 ($1,289), a premium Windows 10 PC that's light on weight, but heavy on features. The 2.6-pound laptop is powered by a 6th-generation Intel Core processor, up to 16GB of RAM (system memory) and 512GB of SSD storage, and the latest USB Type-C port. Perhaps the most impressive aspect of this 13.3-inch ZenBook is its battery, which lasts up to 12 hours between charges.

2-in-1s

At $849.99, the HP Pavilion X360 is also a 13-inch device, but the screen is on an innovative 360-degree hinge, allowing you to choose from one of four modes: laptop, tablet, stand, and tent. This versatile "convertible" PC — also known as a "2-in-1" hybrid — is powered by Windows 10 and an Intel Core i3 processor.

And now for something completely different. The award-winning Lenovo Yoga Book ($649 for Android, $749 for Windows) is also a compact 2-in-1.

While one half of the clamshell device has a 10.1-inch screen, the other half is a touch-enabled surface instead of a physical keyboard; a "Halo" touch keyboard appears when you want to type, offering haptic vibration and auto-correction, or you can place paper down to draw or take notes and a digital version shows up on the screen in real time. Battery life tops 13 hours.

Prices prices may vary.

1. Apple's iPad Pro
2. Acer Swift 7
3. ASUS ZenBook UX306
4. HP Pavilion X360
5. Samsung Galaxy Tab A
6. Lenovo Yoga Book
7. Microsoft's Surface Pro 4

Tech it out: Hot gadget gift ideas

RECOMMENDATIONS

Not sure what to buy your loved ones over the holidays?

Marc Saltzman

Some advice for those about to start their holiday shopping: Don't buy clothes for someone else — they may smile and thank you for the lime green cardigan but they'll hunt for the gift receipt when they get home. Lottery tickets and gift cards are cop-outs. Jewelry is too personal to pick out. And don't even think about fancy bath soaps (they still haven't used what you bought them last year).

Instead, if you want to see a genuine smile stretch upon the faces of loved ones, buy them some cool technology. And no, you don't need to break the bank to pick great gadget gifts. So, whether you're in need of high-tech ideas or want to indulge in something for yourself, here are a few sweet suggestions.

Nintendo NES Classic Edition: Sold out across the country, but with Santa's elves working on more before Christmas Eve, the Nintendo NES Classic Edition ($79.99) lets you relive some of your beloved childhood video games on your big-screen TV.

This mini version of the iconic Nintendo Entertainment System houses 30 pre-installed eight-bit classics of yesteryear, such as Super Mario Bros, Donkey Kong, The Legend of Zelda, PAC-MAN, Metroid, Mega Man, and Final Fantasy.

The teeny console also ships with a full-size NES Classic Controller, plus you can add a second for two-player fun (sold separately for $12.99), and it also includes an HDMI cable to plug into a television.

TomTom Spark 3: Building on its popular predecessor, TomTom Spark 3 Cardio + Music Bundle GPS Fitness Watch ($349.99) leverages TomTom's heritage in GPS location and mapping to be a trusted companion while jogging, running, cycling, swimming, and more (and it works indoors, too). Along with its integrated heart-rate monitor and multiple sports mode, a new feature called Route Exploration lets runners plan and upload up to 15 routes to their watch, and then follow along on the screen.

Elektronista Digital Clutch: Women on the go can carry their tech with style. Available in multiple colours, Knomo's Elektronista Digital Clutch ($199 to $299) fits up to a 10-inch tablet, as well as other items such as your wallet, keys, smartphone, earbuds, and hand cream, in multiple sections and zipped pockets for easy access to your stuff. Built into this clutch is a 5,000-milliamp power pack, with microUSB charging cable, so you can juice up your smartphone when needed (roughly twice, depending on the model).

TP-Link Touch P5 Router: This wireless router works as well as it looks. The TP-Link Touch P5 ($199.99) is a touchscreen-enabled Wi-Fi Gigabit Router with AC1900 speeds for fast and reliable performance, for all your home's wireless devices: computers, tablets, smartphones, printers, video game consoles, smart TVs, and more. Along with the one-minute set-up, the touchscreen also lets you enable parental controls, if desired; set up dual bands to minimize interference (2.4GHz and 5GHz); and it also works with an optional smartphone app to tweak settings and permissions.

Samsung Gear 360: Rethink how holiday moments are captured and shared with the Samsung Gear 360 ($499.99), a compact camera that can shoot 360-degree video (or photos), which can then be played back on virtual reality headsets, or as an interactive 360-degree video on YouTube or Facebook. It's never been easier (or cheaper) to create content — perfect for family vacations, holiday get-togethers and other once-in-a-lifetime events — you may want to relive time and time again after the fact.

Kobo Aura One: What to buy an avid book lover who might want to read everywhere life takes them? The Kobo Aura One ($249) is a premium ebook reader with a large 7.8-inch display, about the size of a hardcover book, and with a high-resolution e-ink screen that looks like real ink on paper. Whether you want to lounge around the pool, at a beach, on a deck at the cottage, or while slipping into a bubble bath, the latest Kobo is IPX8-certified, which means it can remain underwater as deep as two metres, or 6.5 feet, for up to 60 minutes. The anti-glare e-ink screen can be read clearly in bright sunlight, or take advantage of the integrated light to read while curled up in bed. The Kobo eBookstore features more than five million titles, plus you can borrow ebooks for free from your local library. Battery life lasts a month between charges. *Product prices may vary.*

CLOCKWISE, FROM TOP LEFT: TOMTOM SPARK 3; TP-LINK TOUCH P5 ROUTER; NINTENDO NES CLASSIC EDITION; KOBO AURA ONE; SAMSUNG GEAR 360; ELEKTRONISTA DIGITAL CLUTCH

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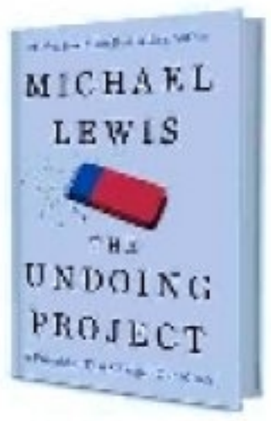

The author of *Flash Boys* and *Moneyball* tells the story of two men who may well have changed, for good, humanity's view of its own mind. **NOW $25** REG $38.95

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The best books to look into

READING ROUNDUP

Page-turning gifts to suit everyone on Santa's list

Tanya Enberg

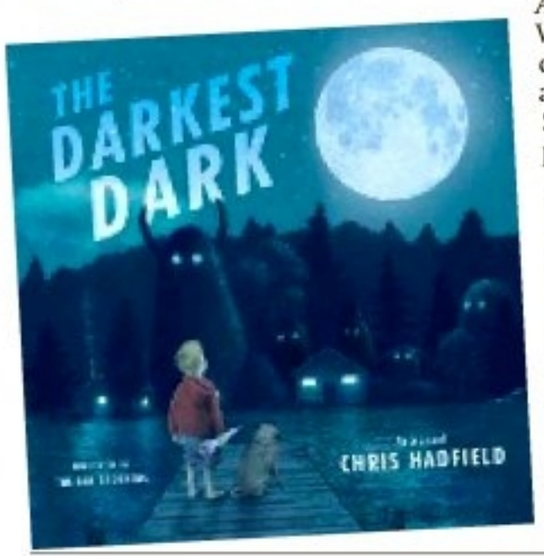
With traditional books experiencing a resurgence, this holiday season give loved ones the gift of a good read they can curl up with. This round up of 2016 titles is sure to please little bookworms, lifelong word lovers, and every type of reader in between.

For children

The Darkest Dark, Chris Hadfield
Tundra, $22.99, Ages 4-8
Inspired by astronaut Chris Hadfield as a child, The Darkest Dark tells the story of young Chris, who is brave pretending to be an astronaut, however when bedtime arrives, so does his biggest fear — darkness. After watching the Apollo 11 moon landing on TV, Chris discovers beauty in the unknown — even when it's at its darkest.

The Barefoot Book of Children, Tessa Strickland and Kate DePalma, illustrated by David Dean
Barefoot Books (available at barefootbooks.com) $24.99, Ages 3-8
The Barefoot Book of Children takes readers on an imaginative and insightful trip around the world, with compassionate lessons about feelings, families, bodies and food. This kid-empowering book inspires curiosity and helps children gain a deeper understanding of themselves and the world around them.

They All Saw a Cat, Brendan Wenzel
Chronicle Books, $23.99, Ages 3-5
With whimsical drawings and lyrical prose, They All Saw a Cat is simple and smart. The New York Times bestseller follows a cat whose features transform as is seen through the eyes of various creatures. From the perspective of a terrified mouse to a bat's night vision, this is an amusing celebration of observation.



Harry Potter and the Chamber of Secrets, J.K. Rowling, illustrated by Jim Kay
Bloomsbury USA, $49.99, Ages 9+
Take a spellbinding journey into the world of wizards with the fully illustrated new edition of Harry Potter and the Chamber of Secrets. Bubbling over with magic, humour and beloved characters, this delightful reimagining is a home-library must for Harry Potter fans.

For adults

Faithful, Alice Hoffman
Simon & Schuster, $32
A car accident leaves a teenage girl in a coma and her best friend dealing with crippling guilt in Alice Hoffman's Faithful. High schooler Shelby Richmond downward spirals as she struggles with survivor's guilt and tries to move on.

The Wonder, Emma Donoghue
HarperCollins Canada, $32.99
Set in a small 1850s Irish village, locals and out-of-towners become captivated by the miraculous story of a girl who is said to have survived for months without food. The child also draws skeptics and is placed under the watch of a nurse determined to reveal whether she is a medical miracle or fraud.

The Couple Next Door, Shari Lapena
Doubleday Canada, $24.95, paperback
From the first page, suspense unfolds when Anne and Marco Conti return home to find their front door open and an empty crib where their baby should be in the unsettling thriller, The Couple Next Door. The parents fall under suspicion, tension rises and secrets are revealed with each shocking twist and turn.

Secret Path, Gord Downie
Simon & Schuster, $26.99
Singer Gord Downie brings to light the mistreatment of children at residential schools with Secret Path, a 10-song album featuring a graphic novel by Jeff Lemire. It tells the story of Chanie "Charlie" Wenjack, a 12-year-old boy who died of hunger and exposure after running away from a Kenora, Ont. school in 1966 to try and get home.

The Best Kind of People, Zoe Whittall
House of Anansi Press, $22.95, paperback
When a bombshell accusation of sexual impropriety is brought against George Woodbury, a beloved teacher, husband and father, his family is left to cope with denial and anger — and the possibility of guilt —in the heartbreaking book, The Best Kind of People.

The Girl with the Lower Back Tattoo, Amy Schumer
Gallery Books, $36.99
Star comedian Amy Schumer shares stories of love, family and friendship, all brushed with her signature dry humor in this confessional collection of essays. Schumer's sassiness is evident throughout, but she also delves into deeper terrain, too, opening up about her father's multiple sclerosis and ending gun violence.

Cookbooks

Small Victories: Recipes, Advice + Hundreds of Ideas for Home-Cooking Triumphs, Julia Turshen
Chronicle Books, $50
Small Victories is brimming with culinary inspiration for seasoned and beginner home cooks. Featuring more than 400 recipes, from turkey and Ricotta meatballs to peach and bourbon milkshakes, the pages are filled with flavours for all occasions.

Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day, David Frenkiel and Luise Vindahl
Hardie Grant, $27.99
Whether seeking an energy boost or wanting to sneak more veggies into your child's diet, Green Kitchen Smoothies shines with fresh ideas, from orange sesame smoothies to the deceptively healthy cacao-rich banana Snickers shake. Get ready to salivate — and bust out the blender.

Oh She Glows Every Day: Quick and Satisfying Plant-Based Recipes, Angela Liddon
Penguin Canada, $32
Oakville based Angela Liddon is back with a collection of recipes so fresh, you'll feel healthier just flipping through the pages. Teeming with yummy, family-approved ideas (think eggplant Parmesan and stuffed avocado salad), Liddon's creations are quick, easy and immensely tempting.

All books listed are hardcover unless otherwise noted. Prices may vary, retailer dependent.

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Be Canuck cool with these gift ideas

CANADIANA

Get a head start on celebrating our nation's birthday

Tara Nolan

With Canada celebrating its sesquicentennial birthday in 2017, Christmas is the perfect time to gift presents that feature our country's distinctive iconography in some artistic way.

Here is but a sampling of the patriotic presents you will find in stores and online this holiday season.

Sweet storage: What's more Canadian than maple syrup? Really, it should be its own food group. Grab a local tin and gift it with a special vessel. Store your maple syrup, salad dressings or sauces in one of these carafes that are up-cycled from beer bottles at Artech Glass Blowing Studios. Available in amber or clear glass, each one features some a Canada-themed symbol. *Canadian Maple Syrup Carafes, $25, available at artechstudios.ca.*

Canadian critters: Graphic artist Christine Tatilon of Ani-Zet Designs has created a new Northern Friends collection, featuring common Canadian four-legged creatures. Choose from a moose, raccoon, squirrel, husky, fox or bear, each on a digitally printed cushion. The back features a wool melton fabric pouch to store books or devices. *Moose Pillow Cotton Twill, $78, available at anizet.com.*

A symbol of pride: Not only were these rings, designed by Dorothée Rosen, inspired by her natural surroundings, they were also created to celebrate obtaining her Canadian citizenship. Each one bears an imprint of a real maple leaf. Available in both men's and women's sizes in yellow, rose, white and green gold, as well as silver. *Maple Leaf Ring, $140 to $1,320, available at dorotheerosen.ca*

Keep your lid warm: From pennants to onesies, the Drake General Store always seems to reserve space on its shelves for a range of cool Canadian-themed giftables. Toques, those ubiquitous symbols of winter, featuring the store's Arborist label, for example, come emblazoned with "Canada," a province name, our venerable CBC or a Mountie. *Arborist Mountie Toque, $29.95, available at drakegeneralstore.ca.*

Perfect for baby: If you have a baby to buy for, check out The Dapper Dodo's stylish bibs made from lightweight cotton and flannelette, and cotton and terrycloth-adorned maple wood teething rings. They are created by a working mom who loves to sew using whimsical, unique fabrics and this adorable beaver pattern definitely fits in with the Canada theme. *Teether, $15, bandana bib, $12, available at facebook.com/thedapperdodo (message to order, prices subject to change based on fabric availability and cost).*

CLOCKWISE, FROM TOP LEFT: LIMITED EDITION GICHIGAMI ARTISAN CANOE PADDLE; MOUNTIE TOQUE; MAPLE LEAF RING; MOOSE PILLOW COTTON TWILL; BANDANA BIB; CANADIAN MAPLE SYRUP CARAFES

Paddle away: Did you know there are over one million canoes in Canada? Purchasing one of these hand-painted, solid cherry wood paddles from Norquay Co. will benefit The Great Lakes. Artist, adventurist and avid canoeist Natasha Wittke is donating all sale proceeds from this particular design to the Nature Conservancy Great Lakes Project. *Limited Edition Gichigami Artisan Canoe Paddle, $385, available at norquayco.com.*

metro TRAVEL
Your essential daily news

Airline offer discounts to San Luis Potosi, Mexico, after open invite to party goes viral

San Fran is a food paradise

GASTRONOMY

Kitchens kick quality up several tasty notches

Renée S. Suen
For Torstar News Service

"Cantonese cuisine is about searching for this perfection in the ingredient, treating it simply so that people can taste the quality of the product. That's what I want in my food: a Californian vibe but that Cantonese simplicity," says chef Brandon Jew on his restaurant Mr. Jiu's in North America's first and largest Chinatown. KASSIE BORRESON

"Restaurants should be about how you can provide greater pleasure to people," says Joshua Skenes when asked about the uninhibitedly luxurious 18-course Discovery menu at his three Michelin-starred restaurant, Saison.

A master of live-fire and smoke, Skenes' cooking is refined, yet restrained. Pristine ingredients are showcased with minimum intervention, like the opening volley of complimentary Krug, buttery-rich, wood-fire baked biscuit (using flour milled on premise) with a mountain of reserve caviar cured in house-smoked salt. The experience is exquisite, rising well above its special occasion contemporaries.

Saison is one of America's best (and most expensive) restaurants, although Skenes doubts it would have flourished outside of San Francisco.

Known for its landmarks and concentration of tech companies, San Francisco boasts enviable edible options beyond sourdough bread or Ghirardelli chocolates. From Hog Island's sustainable oysters, RoliRoti's naturally raised crackling-studded porchetta sandwich, the super burrito at La Taqueria, to Boulettes Larder's cannelles that bests those from Bourdeax, it's hard not to eat well here.

Home to Michelin-christened and James Beard award–winning chefs and restaurants, the Bay Area is credited with fuelling food trends, such as Chez Panisse's local-sustainable-organic movement and the maker-culture fetishized $4 artisanal toast.

Using local ingredients may be ubiquitous in the region, but some kitchens are exacting new standards in quality.

Aaron London of AL's Place credits an exclusive farmer-restaurant relationship with Blue Dane Garden's Rose Becker for the flavours in his vegetable-dominant menu.

Thanks to the abundance of farmers markets, Bar Agricole's Melissa Reitz suspects San Franciscans are comfortable accepting the natural ebbs and flows associated with farm-fresh produce because they already eat that way at home.

In a market saturated with restaurants and skyrocketing rents, London cautions that the cooking has excelled out of necessity to survive: "You take great product, add in New York City pace and competition, and suddenly we have something that's hard to compete with."

Lazy Bear owner David Barzelay, Food & Wine's Best New Chef 2016, concurs. "You need to have something unique and compelling. Getting the best ingredients is a prerequisite, but you have to use it in a way that speaks to who you are as a chef and what the restaurant is."

Frustrated with the perception that Chinese food is cheap and greasy, Brandon Jew, a third generation Chinese-American, opened Mister Jiu's. He aims to define modern San Francisco Chinese food by amalgamating the traditions and customs of his elders with the flavours from his American upbringing and training.

The recreated Chinese pantry incorporates ingredients such as Calabrian salami from an area charcutier instead of Jinhua ham in the XO sauce. Scallion pancakes are made with sourdough, and roasted beet purée replaces red food colouring in the char siu sauce.

"I want to have people celebrate Chinese food again," he says. "It has the same soul but it's symbolic of the terroir here."

Renée S. Suen was hosted by San Francisco Travel and CityPASS, which did not review or approve this story.

metro SPORTS

The NHL plans to stick with the name and logo of the Vegas Golden Knights after U.S. patent authorities denied the club's trademark request

Senator Neil about to join an elite club

NHL

Ottawa forward to become 52nd player to hit 1,000 for 1 team

Senators' Chris Neil will make it 1,000 caps for Ottawa in Los Angeles on Saturday. He first played for the club in 2001. FRED CHARTRAND/THE CANADIAN PRESS

From the time he was a child in elementary school, Chris Neil was determined to play in the National Hockey League.

The hard-nosed Ottawa forward not only made it to the NHL, he's set to become just the 52nd player to reach the 1,000-game plateau with the same team. Neil, who first cracked the Senators' lineup in 2001, will reach the milestone Saturday night in Los Angeles.

"When you first start out you're just excited to get your first game," Neil said Thursday. "And before you know it, you have 100 and then 500 and then over the years they just keep accumulating, and then it's a pretty exciting accomplishment.

"Being with the Senators my whole career has been awesome, it's been an honour to suit up for one team."

Drafted in the sixth round (161st overall) of the 1998 NHL Entry Draft, Neil has scored 112 goals and added 136 assists over his career. He also sits 22nd on the league's all-time list with 2,492 penalty minutes.

Neil was known as an enforcer-type in his early days. Now 37, he has found a way to remain effective at both ends of the ice as the league has shifted away from fighting.

"When the game started to change I knew I had to trim down weight wise and (I) dropped 15 pounds and it's made a difference for me," said Neil. "I've always worked hard and take pride in my conditioning, and make sure to work hard in the off-season and keep myself in the best shape possible and I think that's paid off, especially later in my career."

112

Number of goals Chris Neil has scored in 999 games for the Senators.

A solid fourth-line player, Neil understands the game is changing. But he still values the importance of players who are willing to stand up for teammates.

"It's the toughest job in hockey because you can never take a night off," he said. "I have so much respect for the guys I have to go up against. It doesn't matter if you have friends on the other team you're going out and playing hard and trying to keep guys honest. Hopefully I've got lots left in me." Neil's work doesn't go unnoticed by teammates and this upcoming milestone will be meaningful for many.

"It's a huge accomplishment especially for the type of role Chris has," said centre Zack Smith. "He fights, checks, goes in dirty areas and that's hard on the body and hard on the mind. It's not easy to play that kind of game and to do it for 1,000 games is a huge accomplishment for the style he plays."

THE CANADIAN PRESS

MLB

Yanks sign Chapman for record reliever fee

Aroldis Chapman GETTY IMAGES

Boston's Dave Dombrowski walked up to Brian Cashman outside the room where the winter meeting draft was about to start Thursday and gave the Yankees general manager a slap on the back.

"You're so kind to stop by and say hello to us little guys," the New York general manager teased. Boston made the splashiest moves at the winter meetings, acquiring ace Chris Sale from the Chicago White Sox and setup man Tyler Thornburg from Milwaukee while reaching an agreement with free-agent first baseman Mitch Moreland.

Cashman kept positioning the Yankees for a time where New York once again will chase the biggest stars.

He got back Aroldis Chapman by agreeing to an $86-million, five-year contract that gives New York two hard-throwing, late-inning relievers to close out games. It's a record fee for a reliever in the MLB. and also added Matt Holliday with a $13-million, one-year agreement while not forfeiting New York's top draft pick next June, No. 16 overall. "We're still securing talent in the present and making sure we have what we want for the future," Cashman said, "as we straddle that line of trying to be as good as we can be in '17 and hopefully even better than that in '18 going forward."

THE ASSOCIATED PRESS

IN BRIEF

Griffin III back for Browns

RG3's getting his second shot with the Browns.

Robert Griffin III, who hasn't played since injuring his shoulder in the Sept. 11 season opener at Philadelphia, will start Sunday against the Cincinnati Bengals as the winless Browns (0-12) try to avoid becoming the second team in NFL history to go 0-16. Griffin hasn't played since breaking a bone in his left shoulder in Cleveland's 29-10 loss to the Eagles nearly three months ago.

THE ASSOCIATED PRESS

FIFA head calls for vigilance to prevent abuse in soccer

Soccer must be more vigilant in protecting young players as allegations of sexual abuse mount across the British game, FIFA president Gianni Infantino said on Thursday.

Police in London have become the latest force to open an investigation into allegations of abuse at clubs, which were not named. More than 20 forces are looking into potential crimes by coaches from the 1970s after around 500 people approached police.

THE ASSOCIATED PRESS

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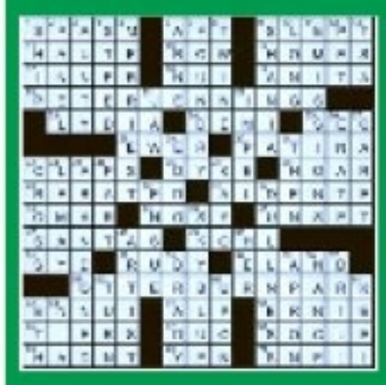

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MAKE IT TONIGHT

Zesty Lemon Orzo Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This zingy recipe yields a lot of soup, which is good news since it tastes even better the next day.

Ready in 30 minutes
Prep time: 5
Cook time: 25
Serves 6

Ingredients
- 8 cups low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, bonelesschicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.

2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.

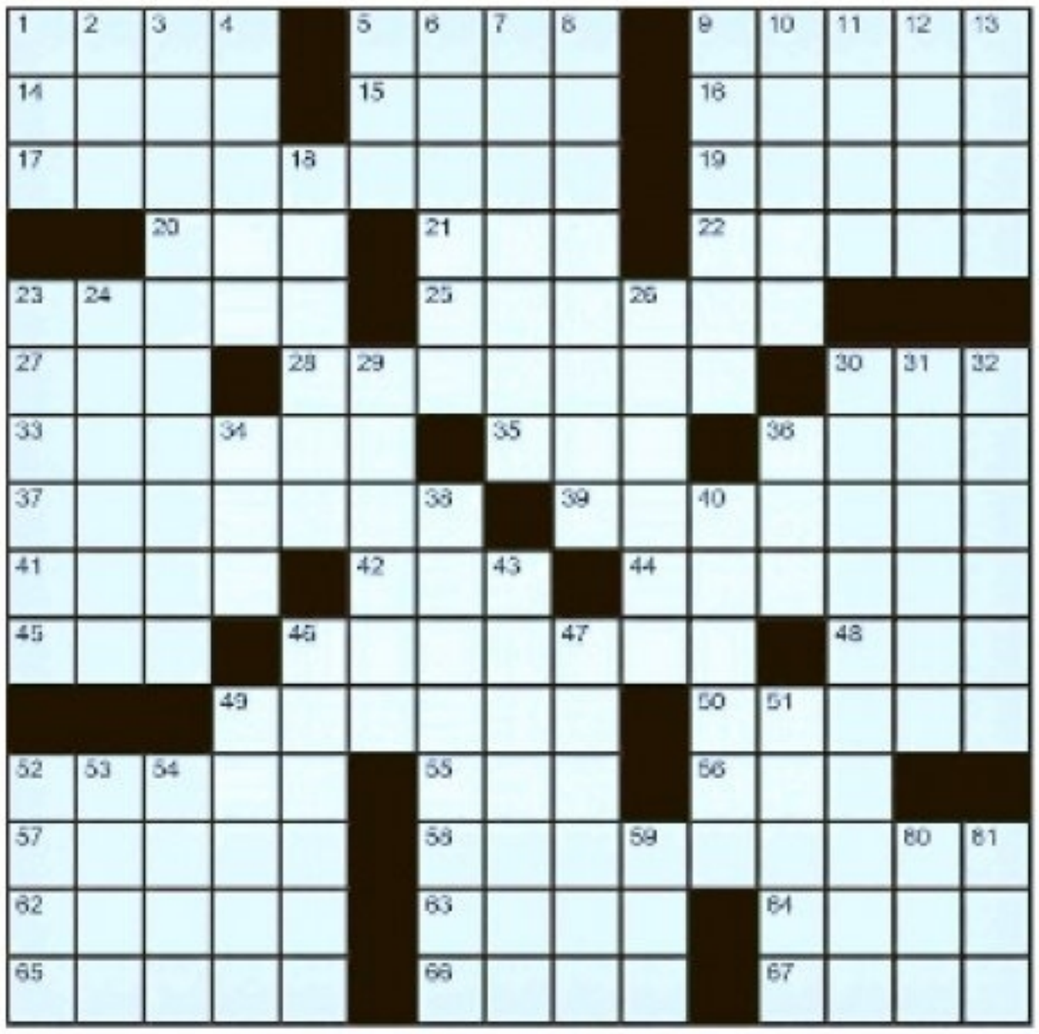
3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.

4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Davy Crockett portrayer Mr. Parker
5. Fashion
9. 'Speak' like Shakespeare
14. Italian harp
15. Singleton
16. __ album
17. Flexibility
19. James Bond portrayer Mr. Moore
20. "__ thousand times."
21. US lawyers' org.
22. A-List
23. Exasperated expletives!
25. "Pretty good!": 2 wds.
27. Ms. Gardner who was married to Frank Sinatra
28. __ salt
30. "Come again?"
33. Empty-__ (Parent whose kids have flown the coop)
35. Theological sch.
36. Window piece
37. Debit card service in Canada
39. Island of Indonesia
41. Put a lawyer to work
42. Bathroom water source
44. Many call it football
45. Feminine pronoun
46. Obtained, as consumer goods
48. Fedora, for one
49. CBC's "Rick __ Report"
50. Canadian painter Ms. Carr
52. Prank
55. __, or Ardor: A Family Chronicle (1969 Vladimir Nabokov novel)
56. "Shiny Happy People" r.o.c.k.e.r.s.
57. Was inclined, like Pisa the Tower
58. "Today" on NBC co-anchor Ms. Guthrie, and namesakes
62. Venetian traveller Mr. Polo
63. Salt Lake City's state
64. High-fiving sound
65. Ranch animal
66. Filming venues
67. Greyish

DOWN
1. Flight watchdog org.
2. Energy unit
3. Toronto-based toymaker of the flying-off-the-shelves toys at #30-Down: 2 wds.
4. Beauty parlor
5. Pre-Tue. day
6. "__ Only" by Adele
7. Coureurs __ (Canoe-travelling fur traders of the woods in New France)
8. Substitutes
9. Banquet
10. Get __ of (Contact)
11. Boo Boo's cartoon pal
12. Leave in, in proofreading
13. Ripped
18. 1963 hit for The Essex: "__ Said Than Done"
23. Particular pastry
24. Toronto thoroughfare, __ Road
26. Confuse
29. Public speaker
30. The must-have toys of Christmas 2016
31. Fanciful
32. Robust
34. Mr. Danson of "Cheers"
36. BC's li'l ocean
38. Mountain chain in Eurasia
40. "__ Family" (ABC comedy)
43. Antecede
46. Sphere
47. Dapper piece of neckwear
49. Festive fare, __ pies
51. Smart people's gr.
52. Donations
53. Shipshape
54. Weight allowance
59. Sneeze-starting sounds...
60. "Very funny."
61. Undercover agent

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the perfect day to make travel plans, because you are excited and enthusiastic. Don't hesitate to explore opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
This is an excellent day for discussions about shared property, inheritances and how to deal with taxes and debt. You might end up laughing all the way to the bank.

Gemini May 22 - June 21
Relations with partners and close friends are friendly and upbeat today. This is a wonderful day to enjoy the company of others. Get out and schmooze!

Cancer June 22 - July 23
You want to do your very best on the job today because you are positive-minded and happy about your work. Work-related travel also is likely.

Leo July 24 - Aug. 23
This is a great day to meet others for a fun, social occasion. Enjoy the arts, sports events, playful activities with children and romantic liaisons.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a particularly good day to discuss real estate negotiations or how to share or divide something with a family member.

Libra Sept. 24 - Oct. 23
Writers and salespeople will be successful today, because it's easy for Librans to be positive-minded. And we all know about the power of positive thinking!

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. Look for ways to expand your earnings. You also might see ways to make money on the side or even get a better job.

Sagittarius Nov. 23 - Dec. 21
You're happy today. That's because your ruler, Jupiter, is dancing beautifully with the Sun in your sign. Yes, it doesn't get much better than this!

Capricorn Dec. 22 - Jan. 20
It's easy to feel content in life today because you are quietly happy. You feel confident; furthermore, you feel positive about your future. (And you should.)

Aquarius Jan. 21 - Feb. 19
This is a popular day for Aquarians! Enjoy hanging out with friends. You also will enjoy all of your exchanges with people in groups, clubs, classes and associations.

Pisces
Feb. 20 - March 20
Because you make a fabulous impression on others today, go after what you want. Now is the day to put forth your agenda with bosses and parents.

CONCEPTIS SUDOKU by Dave Green

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